



Extension News Column

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Easter is this week and chances are, you may soon find a shelf full of boiled eggs in your refrigerator. You can only eat so many boiled eggs. What do you do to make tasty, nutritious meals for your family?

Deviled eggs are probably one of the most common ways to use those eggs. But try this, use a plastic bag to do the mixing. Cut eggs in half and put the yolks in a sandwich size plastic bag. Mix from the outside of the bag to crumble the yolks. Add mayonnaise, mustard, sour cream, vinegar, pickles, or your favorite ingredients. Mix well, snip the bottom corner out of the bag and squirt the yolk mixture back into the whites. Quick, easy, and no mess.

For egg salad, add onions, pimiento, peppers, mustard and mayonnaise. Mix and serve on bread slices or bagels.

Creamed eggs start with chopped or sliced eggs. Melt 3 tablespoons butter or margarine in a skillet and add 3 tablespoons of flour, stirring to remove lumps. Add 1 cup milk and cook and stir until thickened and bubbly. Add eggs and heat through. Serve on toast or biscuits. You can also add onions, garlic, or peppers to the butter at the start and fold in asparagus, broccoli or other cooked vegetable.

Scotch eggs are another treat that your family can enjoy. Peel three boiled eggs and set aside. Mix 1 lb. bulk sausage with one egg and 1/4 cup of oatmeal. Cover the surface of the egg with the sausage mixture and roll in cracker or bread crumbs. Bake at 350 for 20 minutes.

Curried eggs can be made by combining 2 tablespoons flour, 2 teaspoons curry powder, and 1/2 teaspoon salt in a skillet. Add 2 tablespoons butter and cook until thick and pasty. Slowly mix in 1 1/3 cup of milk and 2/3 cup of coconut milk. Cook until thick and bubbly. Cook 2 cups of frozen peas until hot. Add peas and 6 boiled eggs that have been quartered. Serve over rice.

You can always add whole, boiled eggs to your meatloaf before cooking, or even use leftover pickle juice to make pickled eggs.

Be sure to use those boiled eggs within a week. Storing them longer in the refrigerator can add to the chances of getting a food borne illness.

Making good use of those boiled eggs can stretch your food dollars.